



## Scallops in Parchment with Fennel, Tomatoes, and Olives

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup wine dry white
- 2 small heads fennel bulb cored thinly sliced
- 1 garlic clove thinly sliced
- 1 pint grape tomatoes halved
- 0.5 cup kalamata olives pitted halved
- 0.3 teaspoon kosher salt
- 1 tablespoon olive oil

- 0.3 teaspoon pepper freshly ground
- 1 pound scallops ( 20)

## Equipment

- baking sheet
- baking paper
- oven
- aluminum foil

## Directions

- Preheat oven to 37
- Fold 4 (16- x 12-inch) pieces of parchment paper or foil in half crosswise; unfold onto 2 baking sheets.
- Arrange scallops, fennel, tomatoes, olives, and garlic evenly on one half of each parchment sheet, leaving a 2-inch border at edge. Season with salt and pepper; drizzle with wine and oil.
- Fold top half of each parchment piece over ingredients. Crimp edges in tight folds to seal.
- Bake until packets puff up and scallops are cooked through (about 17-20 minutes, depending on size of scallops).
- Transfer parchment packets to plates. Carefully cut tops of packets open, making sure to avoid hot steam.

## Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:1.36, Inflammation Score:-7, Nutrition Score:11.203043336454%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.86mg, Naringenin: 0.86mg,

Naringenin: 0.86mg, Naringenin: 0.86mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg  
Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin:  
0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin:  
0.71mg

## **Nutrients (% of daily need)**

Calories: 168.83kcal (8.44%), Fat: 6.88g (10.59%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 9.61g (3.2%), Net  
Carbohydrates: 7.57g (2.75%), Sugar: 3.37g (3.75%), Cholesterol: 27.22mg (9.07%), Sodium: 860.26mg (37.4%),  
Alcohol: 1.54g (100%), Alcohol %: 0.73% (100%), Protein: 14.97g (29.94%), Phosphorus: 412.11mg (41.21%), Vitamin  
B12: 1.6µg (26.65%), Selenium: 14.8µg (21.14%), Vitamin A: 1056.53IU (21.13%), Vitamin C: 16.5mg (20%), Potassium:  
537.36mg (15.35%), Vitamin E: 1.79mg (11.94%), Vitamin K: 12.28µg (11.7%), Magnesium: 41.81mg (10.45%),  
Manganese: 0.2mg (10.07%), Vitamin B6: 0.2mg (10%), Folate: 36.72µg (9.18%), Zinc: 1.27mg (8.46%), Fiber: 2.04g  
(8.16%), Vitamin B3: 1.57mg (7.83%), Copper: 0.12mg (6.05%), Iron: 0.92mg (5.13%), Vitamin B1: 0.06mg (3.85%),  
Vitamin B5: 0.37mg (3.67%), Calcium: 31.04mg (3.1%), Vitamin B2: 0.04mg (2.6%)